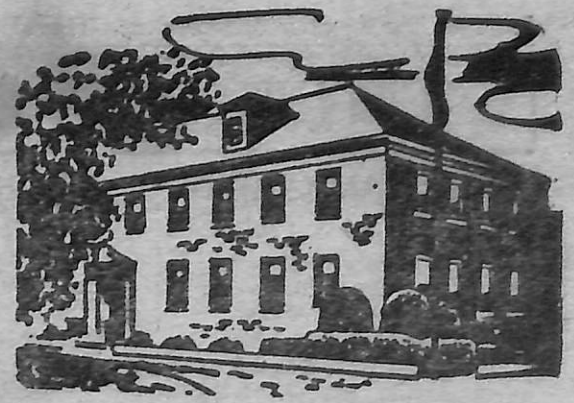


Agawam Center Library
731 Main St.
Agawam 4, Mass. 01001



Telephone 788-8996

Agawam Independent

Vol. 13, No. 21.

4

AGAWAM, MASS.: THURSDAY, AUGUST 27, 1970

By Subscription \$1.50 Per Year — 5c Per Copy

J. O. Young Co. Now Open at New Agawam Location



Shown above at ribbon cutting ceremonies for the grand opening of J. O. Young Co. at 71-81 Ramah Cir. So., Agawam, are from left: James

DeVecchi, president, Edward Connelly, Agawam Selectman and Dwight Young, treasurer of J. O. Young Co.

The J. O. Young Co., formerly of Laurel St., Springfield, have now moved to larger quarters at 71-81 Ramah Cir. So., Agawam.

The company was founded in 1900 and are one of the largest ladder manufacturers in the east. They manufacture and install eave

troughs, apply siding, insulation, roofing, install aluminum doors, windows and clapboard siding. The new location will provide two acres of land, two—one story buildings and a six-stall garage. The company employs 25 persons.

Raymond Nardi Candidate For State Representative

Raymond Nardi of River St., Agawam, Democratic candidate for state representative from the 9th Hampden District recently opened his campaign headquarters at 88 Maple St.

Nardi, a former member of the

Finance Board now a town meeting member pointed out that "It is a matter of public record that the tax rate was reduced \$8 per thousand during my term, on the board."

"I not only proved I could do an honest, economical job, but I was instrumental in increasing

Community Grange Program Tuesday

The annual Booster Night and open house of Community Grange will be observed Tuesday evening, Sept. 1st, at the Grange home on North West St., Feeding Hills. There will be no business meeting which will allow the program to begin at 8 o'clock.

Booster Night is observed once a year by most Granges throughout the United States. It is hoped that non-members will avail themselves of this opportunity to visit the local Grange and enjoy a program and social hour planned for all who wish to attend this open house.

The guest speaker for the evening is Mr. Fred B. Dole of Shelburne Falls, a member of the executive committee of the Mass. State Grange. He will discuss the services which the Grange can and should render to every town and community. Other features on the program will be a drill by the Junior Grange, a play entitled "The Grange Family Tree" and music in solo and chorus form by local Grange members.

Following the program a social hour and refreshments will be enjoyed by all members and guests. Mr. and Mrs. C. Wesley Thayer are co-chairmen of the refreshment committee assisted by Mrs. Madrine Allen.



RAYMOND NARDI

the quality and quantity of town services at the same time this cost reduction was effected," Nardi said.

Taking credit for the sanitary sewer expansion and surface drainage systems, new sidewalks, water main extensions, police radar and streets lighting and acceptance, Nardi sees major problems facing the state.

He favors reduction of the House of Representatives to 160 members, establishment of drop-in centers for youth, establishment of graduate school library science at the University of

(Please Turn To Page 3)

St. Anthony's Annual Picnic Sun., Aug. 30

Saint Anthony's Church of Agawam will hold their annual picnic at the Sacred Heart Church Pavilion, Feeding Hills, on Sunday, Aug. 30 from 1 to 5 p.m.

In the event of rain, the picnic will be held at Saint Anthony's Society Hall, 646 Springfield St., Feeding Hills. Adults \$2 and children \$1.25.

Two Promoted To Assistant Treasurer At Westbank

William J. Wagner of West Springfield, and Francis H. Dionne of Indian Orchard, have been named assistant treasurers of Western Bank and Trust Company, West Springfield, according to William A. Franks, Jr., president.

Wagner, who joined Westbank in 1965, was commercial credit manager prior to his promotion. He is a member of the Robert Morris Associates, a national credit organization, and the Town of West Springfield Finance Committee.

Dionne, manager of the Feeding Hills office, had been assistant manager of the Industrial Park office of the First National Bank and Trust Company. He

graduated from Cathedral High School before attending American International College and Western New England College. Dionne is organist of the West Springfield - Agawam Lodge, B.P.O.E., a charter member and committeeman of Boy Scout Troop 4 in Indian Orchard, a member of the West Springfield - Agawam Kiwanis Club, and the American Institute of Banking.

Local Students To Attend Bates College

LEWISTON, Maine — Gary Michael Toczko, son of Mr. and Mrs. Alexander G. Toczko, 35 Leonard Street, will enter Bates College, Lewiston, Maine in September as a member of the freshman class.

A June graduate of Agawam High School, he was a member of the Camera Club, the orchestra, the Ski Team, and was photography editor of the yearbook staff. He was also named to the National Honor Society.

Mr. Toczko plans to major in mathematics at Bates.

LEWISTON, Maine — John Robert Toelken, son of Mr. and Mrs. Richard W. Toelken, 32 Elm Street, will enter Bates College. (Please Turn To Page 3)

Local Scouts Arrive At National Scout Ranch

CIMARRON, N.M. —Twenty-eight Scouts and Explorers and their adult leaders have arrived at Philmont Scout Ranch and Explorer Base, the national camping area of the Boy Scouts of America. The expedition represents various troops and posts in the Pioneer Valley Council headquartered in West Springfield.

Local scouts at Philmont Scout Ranch are: John Liptak, Troop 75, Bob E. Liptak, Troop 75, Mark S. McLaughlin, Troop 82,

Kenneth E. Wilson, Troop 82, John A. Paulecysk, Troop 89, Thomas D. Gentile, Troop 79.

The Scouts are now in training at the "University of the Great Outdoors" for their 12-day high adventure expedition under the guidance of Philmont's Ranger staff. The group's Ranger is instructing them in wilderness cookery, backpacking, hiking techniques, compass and map use. After three days with their Ranger, the expedition will continue following mountain trails on the 214-square mile ranch with their own adult leaders.

While on the trail, the Scouts can participate in programs offered in 21 mountain camps by members of Philmont's 400-man staff. These programs include burro packing, horseback riding, gold panning, mining, archaeological study and digging, and advanced mountaineering. This summer, during the Ranch's 32nd camping season, more than 17,000 Explorers and older Boy Scouts will take part in these and other activities.

After the opening campfire at which the "New Mexico Story" was narrated, the Scouts left Camping Headquarters and moved to their mountain starting camp in the rugged Sangre de Cristo range of the Rocky Mountains.

Parks, Playgrounds & Recreation

By Jack Kunasek, Director
There will be another series of sign ups for the Recreation Dept. fall programs, throughout the town.

Programs available:
BOYS: Tackle Football, Ages 10-13; Soccer, Ages 8-13.

GIRLS: Kickball or Soccer, Ages 10-13. A cheerleading program for girls ages 10-13 will be started to support the boys football league.

Male coaches are needed for Soccer, and Female coaches are needed for kickball and cheerleading.

SIGN UP AREAS:
SHEAS FIELD: Friday evening August 28, 6-7 p.m. and Sunday afternoon 1-4 p.m. Aug. 30.

PHELPS SCHOOL (Rear) Monday evening August 31, 6-7 p.m.

GRANGER SCHOOL (Rear) Tuesday evening Sept. 1, 6-7 p.m. Youth Tennis tournament rescheduled:

Because of the rain on Sunday the youth tennis tournament will be run off on Sunday August 30 at 1 p.m. at Sheas Field. All boys and girls 16 and under may sign up on that day.

SPECIAL COLLECTION

OF GRASS AND HEDGE TRIMMINGS AND LEAVES

will be made throughout the week of August 31 to Sept. 4. Bundle in lengths of 4 feet or less. ALL RESIDENTS ON ALL ROUTES SHOULD HAVE TRIMMINGS IN PROPER CONTAINERS AND PLACE THEM ON TREE BELT ON AUG. 31 BY 7:30 A.M.

DONATE TO THE BLOOD BANK

August 31 - 2 p.m. to 7:45 p.m. • Walk-In Donors Welcomed
or Call for Appointment — Sam Smith 736-9065 or
Ernie Dumont 732-1996 — Moose Club, Bridge St., Agawam

CHURCH NEWS

AGAWAM UNITED METHODIST CHURCH

459 Mill Street, Agawam
Rev. Julianne Hallman
Rev. Harry Hallman
Rev. Raymond Spears, Ministers
Sunday — 9:30 a.m. Morning
Worship with Rev. J. Hallman
preaching. Summer Sunday
School; 6:30 p.m. Reception for
new pastors.
Wednesday—7:30 p.m. Teach-
er training seminar.

BAPTIST CHURCH

Rev. Benjamin Lockhart, Pastor
Mrs. Nancy Lund, Choir Director
Mrs. Ruth Daniels, Organist
Mrs. Barbara Briggs,
Church Secretary

UNION SERVICES will be
held in the Agawam Congrega-
tional Church at 9:30 a.m. start-
ing Sunday, Aug. 9 and continu-
ing through Sept. 6. Rev. Floyd
Bryan will be the preacher.

CONGREGATIONAL CHURCH

Rev. Floyd C. Bryan, Minister
Mrs. Andrew Toussaint,
Minister of Music
Mrs. Lewis Moors,
Church Secretary

July 19-20-Aug. 2 — 9:30 a.m.
Union Services in the Baptist
Church with Rev. Lockhart
preaching.

August 9-16-23-30 - Sept. 6 —
9:30 a.m. Union Services in the
Agawam Congregational Church
Rev. Bryan preaching; Adult
case in the Crib Room thru Kin-
dergarten for children of parents
who attend the church Service.

ST. DAVID'S EPISCOPAL CHURCH

Rev. John S. Tyler, Vicar
Sunday — 8 a.m. Holy Com-
munion; 10 a.m. Festival Service;
7 p.m. Evening prayer.

FEEDING HILLS CONGREGATIONAL CHURCH

21 North Westfield St.
Rev. Robert F. Berkey,
Interim Minister
Randall L. Nofall, Organist
Cynthia A. Meyer, Choir Director
Sunday — 10 a.m. Worship.

BIBLE BAPTIST CHURCH

Upper Church and Second Sts.
West Springfield, Mass.
Larry Thornton, Pastor
Sunday — 11 a.m. Morning
worship service. Supervised nur-
sery service available upstairs
in the church during morning
service; 7 p.m. Evening Service.

Weekly Card Party

1-4 P.M. (FRIDAYS)
All Senior Citizens Welcome
770 MAIN STREET
Air Conditioned
Table Prizes • Refreshments
PLAY YOUR OWN GAME

SACRED HEART CHURCH

FEEDING HILLS
Rev. George Lise, C.S.S.
Rev. James Shea, C.S.S.
Saturday—4 to 5 p.m. Confes-
sions and 6 p.m. evening Mass;
7:30 to 8:30 Confessions.
Sunday—6:45, 8, 9:15, 11:30
a.m. Masses.
Tuesday—7:30 p.m. Miracu-
lous Medal Novena Devotions

ST. ANTHONY OF PADUA CHURCH

Rev. Samuel Fayad, C.S.S.
Rev. Joseph Mantia, C.S.S.
Saturday—4 to 5 p.m. Con-
fessions.

MASS SCHEDULE
Saturday — 6 p.m. and 7:15
p.m.
Sunday—7—8:30—10:30 a.m.
Week days—7 a.m.
Holy days—7 and 9 a.m., 5:30
and 7:30 p.m.
Tuesdays—7:30 p.m. St. An-
thony Devotions.

VALLEY COMMUNITY CHURCH

152 South Westfield St.
Feeding Hills
"THE CHURCH ON THE HILL"
Rev. Frank E. Dunn, Minister
Mrs. Hazel Prior, Choir Director
Mrs. John MacPherson, Organist
Mrs. Richard Orr,
Church Secretary

Sunday — 9:30 a.m. Summer
church services — every week
through Oct. 1st.

ST. JOHN THE EVANGELIST CHURCH

Rev. Walter J. Joyce
Rev. Albert Blanchard
Saturday — Confessions 4 to
5 p.m.; Mass, 5 p.m. and 7:30
p.m. with Confessions following.
MASS SCHEDULE
Sunday—6:45, 8, 9:15, 10:30,
11:45 a.m.
Tuesday—5:30 p.m. Mass fol-
lowed by Miraculous Medal No-
vena.

WEST SPRINGFIELD CHURCH OF CHRIST

Storrowton Village
West Springfield, Mass.
Phone 737-8152
Dwight Mowrer, Minister
SCHEDULE OF SERVICES
Sunday 9 a.m.—Bible classes
for all ages; 10 a.m.—Morning
Worship; 6 p.m.—Evening Wor-
ship.
Thursday 7 p.m.—Bible Study.
Visitors are welcome.
Free Bible Correspondence
Course — write to: Church of
Christ, 84 Reed St., Agawam,
Mass. 01001.

"I had a good day at the races
today," a horseplayer told his
friend, "I got a ride home."

Violin Instruction

LILY ERNST
737-6835
(Watch for Pupil's Recital
June 12)

Printed Pattern



9366
SIZES 8-18

Printed Pattern 9366: NEW
Misses' Sizes 8, 10, 12, 14, 16,
18. Size 12 (bust 34) dress 3½
yds. 35-in.; scarf ½ yd. 39-in.
SEVENTY-FIVE CENTS in coins
for each pattern—add 25 cents
for each pattern for Air Mail
and Special Handling. Send to
170 Newspaper Pattern Dept.,
232 West 18th St., New York,
N. Y. 10011. Send for 1970
Spring-Summer Pattern Catalog.
Free pattern coupon inside. 50¢
INSTANT FASHION BOOK—
what-to-wear-answers.\$1.00
INSTANT SEWING BOOK—
cut, fit, sew modern way. \$1.00

ST. THERESA OF INFANT JESUS CHURCH

Rev. Paul Bernard
MASS SCHEDULE
Daily Mass—7 a.m.
Saturday — 5 p.m. Evening
Mass., Confessions to follow. Also
at 7:30 p.m. Confessions.
Sunday — 7, 9 and 11 a.m.
Masses.

FUNERAL NOTICE

The funeral of John J. Ca-
tania, husband of Anna (Bara)
Catania of 49 Doane Ave., was
held Aug. 20 from the Curran-
Jones Funeral Home. Mr. An-
thony Bellegante officiated.
Bearers were Thaddeus Pecho-
wicz, Calogero Arnone, Thomas
Secundo, Thomas Doyle, Charles
Puleri, and John Montagna. Bur-
ial was in Agawam Center
Cemetery with Mr. Bellegante
conducting the service of com-
mittal.

Pesticide pollution can change
a diverse biological system into a
system of large numbers with a
few species. Most poisons are se-
lective, killing only certain plants
and animals, and thereby, those
that are dependent on them. A
species which can tolerate the
poison then has less competition,
fewer predators and parasites
and can increase to enormous
numbers.

Porch Rebuilding

Porches repaired and rebuilt,
jacked, refloored, remodeled or
removed.
JON RIC
Call 536-3817 or 536-3189

HELP WANTED

FEMALE

Act Now — Demonstrate Toys
Santa's Parties offers the most!
Highest commissions. No collect-
ing, no delivering. Earn a FREE
Kit. Also booking parties. Call
or write "Santa's Parties", Avon,
Conn. 06001.
Telephone 1 (203) 673-3455

Hurricane Precautions

When a hurricane approaches
an area, residents are alerted
through the issuance of hurricane
watches and hurricane warnings.
A hurricane watch is issued when
a storm appears likely to strike
an area within 24 to 36 hours. A
hurricane warning is issued when
it is likely to strike within 24
hours.

When a hurricane does threat-
en, certain precautions are rec-
ommended by the Insurance In-
formation Institute for the pro-
tection of life and property:

1. Leave low-lying areas which
may be inundated by abnormally
high tides or storm waves. Evacu-
ation should not be delayed until
the last minute because roadways
leading to safety may become im-
passable before the actual arrival
of the hurricane.

2. If your home is safe from

high water and flath flood, re-
main inside.

3. Battend down the hatches.
In other words, don't leave lying
about any objects such as lawn
furniture or garden tools which
might be blown against buildings
or through windows. Also be sure
garage doors, awnings and storm
shutters are secured.

4. Remove boats from the wa-
ter if possible. Otherwise have
them strongly and properly
moored. Don't try to secure a
boat after waters have become
dangerously rough.

5. Be sure your automobile or
other vehicle is on high ground
and not in a spot where trees or
other objects may be blown on to
it.

6. Keep a full tank of gasoline
in your car because a power fail-
ure can put gasoline pumps out
of operation. If you must use
your car, be on the lookout for
fallen wires, fallen trees and
flash flooding.

7. Have a flashlight in good
working condition and a supply of
extra batteries. If you must use
candles or emergency cooking fa-
cilities with an open flame, guard
against fires.

8. Stock a generous quantity of
drinking water in clean, sealed
containers to guard against con-
tamination.

9. Keep on hand a supply of
food that does not require re-
frigeration or cooking.

10. Keep a window opened
slightly on the side of the build-
ing opposite the side from which
the wind is blowing. This will
prevent certain types of wind
damage and provide ventilation.
If a window is blown out, open a
window on the opposite side of
the house as wide as possible to
prevent further damage.

11. Keep your radio or televi-
sion on. A battery powered radio
will prove useful in case of pow-
er failure.

12. If, in the midst of the hur-
ricane, there is suddenly a lull in
the wind and the skies clear, be
cautious. This is most likely the
eye or center of the hurricane
passing directly over your area.
This lull may last anywhere from
a few minutes to a half hour. Re-
main inside, however, because the
wind will return from the oppo-
site direction without warning.

AFTER THE HURRICANE

1. Avoid felled or low-hanging
power lines. Avoid coming in con-
tact with metal objects which
may be touching the damaged
power lines. Notify police or utility
company of dangling or broken
wires.

2. Be cautious of streams or
rivers. The water level can rise
rapidly even after the heaviest
rain has ended.

3. Control your curiosity. Stay
away from areas of greatest dam-
age. Allow rescue and first aid work-
ers to operate without interfer-
ence.

4. Listen to your radio for in-
structions. Drinking water may
have to be sterilized.

5. If the power is off, don't
open freezers unnecessarily.

Round The Town



By Ann Nael
phone ST 8-8996

Mr. and Mrs. Caspar Laurit-
sen of Suffield St., Agawam, are
entertaining their daughter, Mrs.
George Anderson, and grand-
sons, Bobby and Terry, from
Green Valley, Arizona. Mr. An-
derson will join his family this
week end.

A Latin proverb says that love
and a cough cannot be hidden.
Love for cigarette smoking will
bring out the cough in you, says
the Massachusetts Medical So-
ciety.

DOG TRAINING COURSE

STARTS THURSDAY,
SEPT. 3 — 7 P.M.

FIRST BAPTIST CHURCH
Main Street
Agawam

For Information
CALL ROGER GAGNON
734-7402

All Furniture Receives Our Special Attention!

We Take Pride in Our Work
— You Will Appreciate It!

See Our LARGE SELECTION
of UPHOLSTERING SAMPLES

• Get a FREE ESTIMATE •

J. DePalo & Son

289 SPRINGFIELD STREET
AGAWAM

RE 2-7351 or RE 9-7759

Made-To-Order UPHOLSTERING

REPAIRING-RETYLING-REFINISHING



Now We Understand

This past week the Board of Selectmen has spent more than the usual time in traveling to meet with associated agencies.

On Tuesday, Aug. 18th, we met in Boston at the State D.P.W., offices with Charles Bisee, associate commissioner, in regard to the construction and bidding for the proposed Mitten-eague Bridge. It was necessary to advise that Department as soon as possible that \$43,500 would be available in Town funds to provide our share of the cost. For those interested our share is 12 1/2% of the total with West Springfield contributing a like amount and the State 75%.

On Sept. 9th, the voters must decide whether they wish to make a transfer from the "OVERLAY RESERVE" account for the above amount. It was on July 30, 1970, that the Board was advised as to actually what our share would be. Failure to take immediate advantage of the generous 75% contribution by the State Department on this project could result in withdrawal of State aid eventually forcing the two neighbor Towns to pay the full cost jointly.

On the same day the Board met with the local District of the State D.P.W., in Northampton. On this occasion we were certifying our funds available for the Suffield St., project. We have been more or less "saving" our Chapter 90 construction funds allowance for the last several years. There are several reasons for this action. One is that the proposed widening of North St., met an impasse when the State requested a street 60 ft. wide and such a taking would have resulted in a road too close to many homes. A second reason is the necessary preparation and resulting delay prior to the bidding stage for construction. Such is the case with the widening of Suffield St.

You will remember we had two public hearings on the proposed taking, the cutting and removal of trees and other details. After these hearings, professional appraisals of the land takings were made having ascertained these values, it was necessary to appropriate some \$60,000 at a Town meeting to pay for the takings. Subsequently the State decided additional land takings were necessary, to create sufficient radii, at street intersections. As above, the same procedure was repeated.

And so, the amounts allotted each year for Chapter 90 work accumulated. This was true of the State and County as well as the Town shares. It was therefore a requisite to ask both agencies to transfer the shares of the respective years to the year 1970 and to ask the voters to change any intent to expend funds on North St., under this Chapter, to Suffield St.

On Wednesday, the Board met with the County Commissioners to seek their approval of transfer of all Chapter 90 funds to our 1970 Suffield St., widening project. We were pleased with the reaction of the Commissioners and their willingness to assist us.

On Thursday, the Board, with officials of neighboring Towns, was the guests of the Western Mass. Electric Co., to enjoy a visit to Northfield Mountain to witness the construction of the \$90 million hydroelectric plans. It was breath taking, surely taxes your imagination, to picture a cavern cut into solid rock, 700-feet below the surface, longer than a football field, wider than a major turnpike, and higher than a ten story building. It is in this cavern that the turbines will be housed. They will be propelled by water rushing downward from a large 6 billion gallon reservoir located at the top of the mountain. This same reservoir will receive its water from the Connecticut River by a pumping process activated by this same power plant during a period of each day when electric power is not in such great demand.

Sincerely,
George L. Reynolds, Selectman.

Raymond Nardi . . .

(Continued From Page 1)
Mass. and the repeal of the State Institution laws.

When asked about the war in Vietnam, Nardi said, "We should stop the war and bring the boys back home."

A graduate of Agawam High School, he attended American International College, Westfield State College, and Holyoke Community College.

He is employed by Wico Prestolite Co., and is a member of Local 1730, International Association of Machinists.

U. S. Senate Candidate McCarthy To Be in Springfield Friday

John J. McCarthy, Republican Candidate for the United States Senate, will address the public at the Springfield City Hall Esplanade on Friday noon, August 28th.

Springfield College Coach Charles Silvia, and the noted Cartoonist Al Capp will be present to make short speeches. All three will be introduced by Robert Homer, Hampden County Co-ordinator for the McCarthy Committee.



KEVIN H. WHITE Democrat for Governor Urges Rapid Completion Of I-91 and I-291

Boston Mayor Kevin H. White recently urged rapid completion of highway construction on Routes I-91 and I-291 in Chicopee and Springfield.

White, a Democratic candidate for governor, charged the Department of Public Works with laxity in completing the two highway projects.

"Both highway construction projects have taken a long time, and I certainly hope the extended deadlines the DPW has announced will be met."

"In constructing proposed I-391 in Holyoke I hope that the DPW will not subject residents to the years of delay, haphazard land

taking and other problems of I-91 and I-291."

In reviewing the other transportation needs of the area Mayor White underlined the predicament caused by the recent closing of the Chicopee-West Springfield Bridge.

"This closing is obviously causing real inconvenience to many people, and the DPW should be consulting with local officials as to whether the bridge should be replaced, or another one built, or whatever. Let's hope this isn't allowed to drag too long."

Local Students . . .

(Continued From Page 1)
lege, Lewiston, Maine in September as a member of the freshman class.

A June graduate of Agawam High School, he was vice-president of the Camera Club and Chess Club, president of the Environment Club, and a member of the Math Club. Mr. Toelken plans to major in biology at Bates.



Mario Sakellis,
Executive Director

Thurs., Aug. 27 — The second "Y" Family Picnic will be held on the "Y" grounds. The evening's entertainment will be a synchronized swim show followed by a movie.

Fri., Aug. 28 — The last day of Super Camp Week will complete the 1970 Camp Season.

Fall programs are now being planned, and the "Y" will provide more activities than last year for this Fall.

The "Y" Outdoor Pool will be open through Labor Day, Sept. 7th.

Mario Sakellis wishes to thank all the people who attended this year's Carnival. It was the best ever. Over 500 people attended.

SEAT BELTS SAVE LIVES!

Flowers for All Occasions (Scent with Love)



AGAWAM FLOWER SHOP

705 Main St. - Agawam

• FREE DELIVERY •

Tel. 732-3427

(If No Answer Call 732-1304)



The finest selection of
WINE - BEER - LIQUORS
Imported and Domestic

Now Open in AGAWAM
DAILY 9 A.M. to 11 P.M.

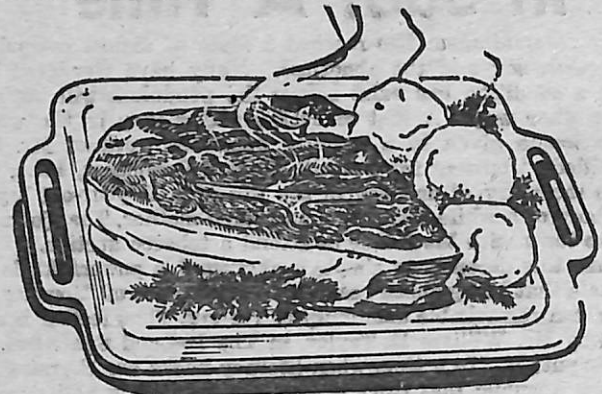
Grassroots Opinion

SHIDLER, OKLA., REVIEW: "We hear too much about the pinkos, malcontents and the government spongers, and too little on the bright side of the nation, which makes the following announcement heartening. One company that makes American flags says sales are up 30 percent, and his organization expects a 10 to 15 percent increase in sales during 1970. Two other flag makers say they expect a 10 percent increase in sales in 1970 over last year. How about this? Demand, they say, is greater for American flags than during World War II."



AGAWAM PUBLIC MARKET 768 MAIN STREET

Open 7 A.M. to 6 P.M. — Open Fri. Nites



Center Cut

CHUCK STEAKS 69¢ lb.

BARBECUE STEAKS lb. 79¢
CALIFORNIA ROAST lb. 79¢
GENUINE CHICKEN LEGS lb. 59¢
GENUINE CHICKEN BREASTS lb. 69¢
POTATO SALAD lb. 29¢

• Oscar Mayer Specials •

LITTLE LINK SAUSAGES lb. 79¢
BOLOGNA — SLICED 12 oz. pkg. 69¢

BIG BUY OF THE WEEK

SWEET LIFE — ALL FLAVORS

CANNED SODA

10 12 oz. cans 88¢

• AS ADVERTISED ON TV •

ARRIGONE IMPORTED

PEARS 3 15 oz. cans 88¢

SWEET LIFE—ALL PURPOSE GRIND

COFFEE 1-lb. tin 88¢

PRIDE

CAT LITTER 5-lb. bag 29¢

HAMBURG, CHICKEN, FISH—MIX OR MATCH

SHAKE & BAKE 4 pkgs. \$1

FROZEN FOODS

HOOD'S

POPSICLES 12 pack 69¢

REAL GOLD'S SLICED

STRAWBERRIES 3 16 oz. pkgs. \$1



Get the Independent by Mail
\$1.50 Per Year

Agawam Gallery

ART SHOWN BY
APPOINTMENT EVENINGS
AND WEEKENDS
CALL 739-6657

A Public Service Channel of Communication

THE Agawam Independent

Published Every Thursday by
THE INDEPENDENT PUBLISHING CORP.
875 Walnut Street Agawam, Mass. 01001
Telephone 788-8996

RANDALL P. McLEAN, Editor
RITA M. LECOUR, Advertising
BILL CHIBA, Outdoor Editor
Founded in April, 1958—by Bert L. Shepard,
David C. Gallano and Vincent R. Caroleo

Corporate Officers:
Helena M. McLean, President; Rita M. Lecour, Treasurer.
Postage paid and entered as Second Class Matter at Agawam Post Office, April 16, 1959 under the Act of Congress of March 3, 1897.

MAIL SUBSCRIPTION RATE: \$1.50 PER YEAR

The Agawam Independent assumes no financial responsibility for typographic errors in advertisements but will reprint that part of any incorrect ad plus a statement in its news columns calling attention to that error, in the event the error was the fault of the paper.

Vol. 13, No. 21.

Thursday, August 27, 1970

In Such A Time

Public entertainment has reached a state of almost compulsive obsession with sex and the abnormal. Many have wondered how long such a condition can exist before the pendulum will begin to swing the other way. A hint of such a swing may be the wholehearted welcome given to a recently published work of Mr. Guy Owen entitled, "Journey for Joedel" (Crown Publishers, Inc.). The book tells the story of one day in the life of a 13-year-old boy—a half-cast born of a white father and an Indian mother. The "journey" is a trip to town with his father to attend a tobacco auction.

Against this deceptively simple background, a powerful tale unfolds—a tale that has gripped readers and reviewers of "Journey for Joedel" with a remarkable unanimity of feeling. That feeling is ably expressed by Mr. William E. Taylor, in The DeLand Sun News. As Mr. Taylor puts it, "In a time when literacy hacks are churning out garbage for a public that can't get enough of it... in a time when public entertainment is characterized by phony violence, pornographic smut, and political sabotage; in such a time comes this beautiful short novel..."

OPPORTUNITY, WASH., SPOKANE VALLEY HERALD: "When there is less production than there is demand, prices are bound to go up! This was true a 100 years ago, 30 years ago, and will be true 100 years from now. But we still continue to believe that production will be accomplished by legislative fiat and not by the sweat of our brows."

Consumer Report

(This is another Consumer News column from Attorney General Robert H. Quinn to inform Massachusetts residents about consumer laws.)

Encyclopedia sales are boosted each summer when hundreds of college students take vacation jobs as salesmen for encyclopedia companies.

Most of these companies are content to increase their sales through this enlarged sales force. But some unscrupulous dealers employ illegal or unethical tactics to "convince" consumers to buy sets of encyclopedias that they do not want or cannot afford.

SALES SCHEMES

The dealer may devise sales schemes to help his salesmen gain an invitation into the customer's house before the customer quite realizes what he has gotten himself into. Often, these salesmen tell the homeowner that he has won a prize (which never materializes) or that he is being interviewed for a survey (which consists of questions intended to convince the homeowner that he can afford an encyclopedia.)

Once the salesman is inside the home the conversation rapidly switches from the prize or the survey to a high-pressure sales pitch. The salesman may make claims of a "today-only low price" or a special bonus if the buyer signs the contract immediately. But consumers who investigate the claims may find that the price and the bonus are part of every sale.

COMPARE SETS

Comparison shopping is difficult for consumers interested in buying a set of encyclopedias. Most encyclopedias are not marketed in stores, and each area

dealer is granted rights to sell only one line of encyclopedias. Consequently, comparing the prices and characteristics of different sets requires extra effort by the consumer.

But encyclopedia shoppers should not be discouraged from comparison shopping. By calling dealers for several brands, consumers can compare quality and pricing on many encyclopedias and then choose the one that suits their needs.

BUYER'S REMORSE

Consumers who do get caught by a high-pressure sales pitch have an option if they sign up to buy a set of books and decide later that they do not want or cannot afford them. The "buyer's remorse" law gives buyers an opportunity to cancel certain contracts that they sign in their homes. If the contract is for over \$25 in cash or for more than three installment payments, it can be cancelled by sending written notice to the salesman's company by midnight of the third business day after receiving a copy of the contract.

Consumers who have questions about this law or who have consumer complaints should contact the Consumer Protection Division of my office at the State House in Boston or at 235 Chestnut St. in Springfield.



THIS WEEK'S BEST BUYS from MASSACHUSETTS FARMS

Courtesy of Massachusetts Department of Agriculture

GREEN PEPPERS — SWEET OR HOT! A crop now enjoying the hot weather and appearing heavily in the market places this week, according to the Mass. Department of Agriculture is green peppers.

You may purchase peppers sweet or hot in many forms. Most Varieties of the sweet pepper are marketed fresh at the green stage. They vary in shape — some are long, slender and pointed — others are short, chunky and wide. Their shape, of course, determines their use. The frying type is the Cubanelle variety which has replaced the Italian Ell and for many years was grown here in Massachusetts with many of the home gardeners growing this variety. Most of the commercial growers now grow the Cubanelle which is large, long and smooth, the color is a distinctive yellow green fruit, 6 inches or more long, about 2 inches wide at shoulders. They are tapered to a blunt end, slightly roughened with medium thick flesh of pleasant snappy flavor.

The other variety which is popular is most likely the California Wonder type, which is still an excellent variety for large thick-meated pepper. These are ideal for stuffing, they are smooth and heavy with dark green skin, ripening to bright red. The hot varieties are found on the markets in either the green or red stage, but they are generally used red. They vary from the small Chili peppers to the large sizes approaching the green bell type. As a rule, they are not as thick-fleshed as the sweet peppers. When buying

peppers regardless of the variety, however, they should be refrigerated faithfully in order to retain their crispness. Fresh peppers require just the right temperature and humidity to retain their good quality. If too much moisture is present, they will become slimy and decay. If they are kept too dry, they are apt to shrivel.

LEGAL NOTICES

BOARD OF SELECTMEN
AGAWAM, MASS.

August 25, 1970
Notice is hereby given under Chapter 138 of the General Laws, that the Feeding Hills Country Club Inc., Henry Avonti, manager, 128 Southwick St., has applied to transfer the All Alcoholic beverage license as a Club to Agawam Country Club Inc., Henry Avonti, manager, 128 Southwick St., premises consisting of two floors, one room on each floor, and backroom for storage.

GEORGE L. REYNOLDS
EDWARD W. CONNELLY
JOSEPH DELLA-GIUSTINA
Licensing Board
(Aug. 27)

MORTGAGEE'S SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by Donald D. Douyard and Ann M. Douyard, husband and wife, to West Springfield Co-operative Bank dated April 27, 1955 and recorded with Hampden County Registry of Deeds Book 2383 Page 469, of which mortgage the undersigned is the present holder by assignment dated July 18, 1956 recorded as aforesaid Book 2482 Page 347 for breach of the conditions of said mortgage and for the purpose of foreclosing the same will be sold at public auction at ten (10:00) A.M. Eastern Daylight Saving Time on the twenty-fifth (25) day of September 1970 on the premises all and singular the premises described in said mortgage to wit:

A certain parcel of land with all the buildings and structures now or hereafter standing or placed thereon, situated in Agawam in the County of Hampden and Commonwealth of Massachusetts, bounded and described as follows: Being known and designated as Lot #48 (forty-eight) as shown on plan of lots recorded in Hampden County Registry of Deeds in Book of Plans 11, Page 58, said lot being more particularly bounded and described as follows:

Bounded SOUTHERLY by Alhambra Circle North as shown on said plan sixty (60) feet; EAST-ERLY by Lot #49 (forty-nine) as shown on said plan one hundred five and 59/100 (105.59) feet; NORTHERLY by land of owner unknown sixty and 02/100 (60.02) feet; and WESTERLY by Lot #47 (forty-seven) as shown on said plan one hundred three and 97/100 (103.97) feet.

Subject to rights granted to American Telephone and Telegraph Company by instrument dated August 8, 1905 and recorded in Hampden County Registry of Deeds in Book 691, Page 59.

Subject to easement rights granted Western Massachusetts Electric Company by instrument dated May 16, 1947 and recorded in said Registry in Book 1867, Page 297.

Subject to an easement of way taken for highway purposes by the Town of Agawam by instrument dated April 6, 1953 and recorded in said Registry in Book 2238, Page 212.

Being the same premises conveyed to us by deed of Harvey Realty Company, Inc. dated this 27th day of April, 1955 and to be recorded in said Registry simultaneously herewith.

Subject to restrictions of record as set forth in a deed from Margaret E. Ganley to Lakes Region Development Corporation dated May 7, 1947 and recorded in said Registry in Book 1884, Page 3.

Including as part of the realty all portable or sectional buildings at any time placed upon said premises and all furnaces, ranges, heaters, plumbing, gas and electric fixtures, screens, mantels, shades, screen doors, storm doors and windows, oil burners, gas or electric refrigerators and all other fixtures of whatever kind and nature at present or hereafter installed in or on the granted premises in any manner which renders such articles usable in connection therewith, so far as the same are, or can be agreement of parties be made, a part of the realty.

The above described premises will be sold subject to all outstanding tax titles, municipal or other public taxes, assessments or liens, if any.

Terms of sale: One Thousand Dollars (\$1000.00) to be paid in cash or by certified check as earnest money at the time of sale. Other terms to be announced at the sale.

THIRD NATIONAL BANK OF HAMPDEN COUNTY
Present Holder of said Mortgage by RICHARD H. DROHAN,
Vice President

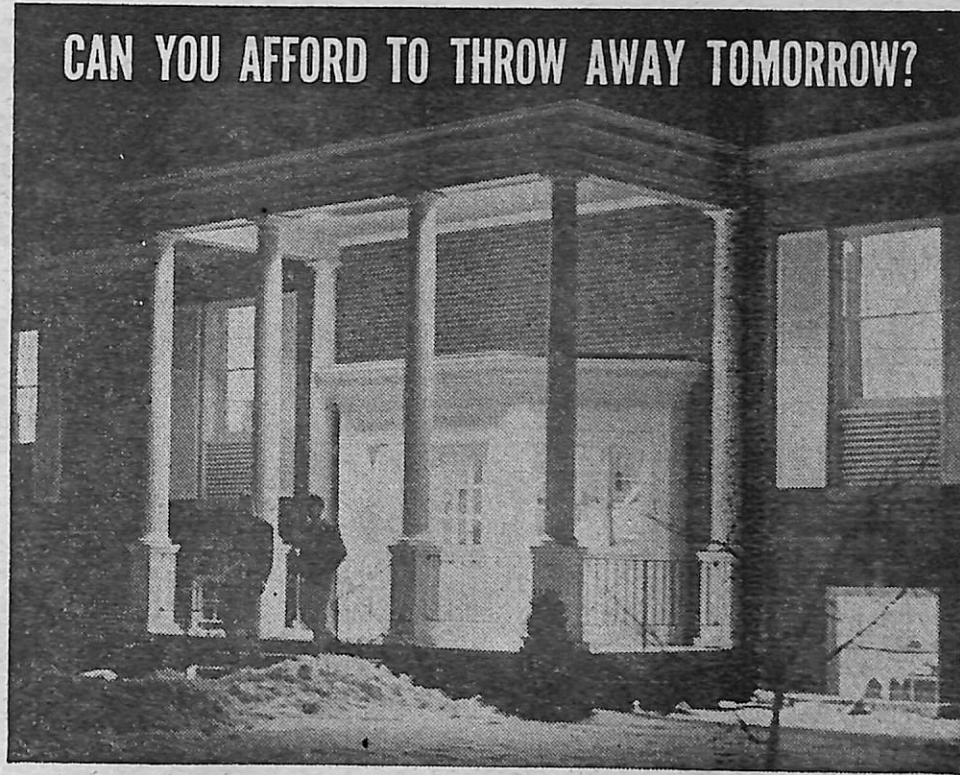
August 18, 1970
Frederick A. Stebbins
1387 Main Street
Springfield, Mass.
(Aug. 27, Sept. 3-10)

HEALTH AGENT

for the Town of Agawam, Mass. B.S. Degree in Sanitary Science or Public Health required. Must be able to perform laboratory tests involving milk and water analysis.

JOSEPH DELLA-GIUSTINA
Chairman, Board of Health
Agawam, Mass. 01001

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Western New England College
1215 Wilbraham Road
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CLASSES BEGIN SEPTEMBER 9



ABRAHAM LINCOLN, THE PARTY'S FIRST PRESIDENT

Article No. 2

Abraham Lincoln, the party's first president, began his involvement by attending the May, 1856 convention in Bloomington, Ill., which appointed delegates to the National Convention in Philadelphia. He helped write the platform and emphasized the Republican Party's strong opposition to slavery.

Lincoln was proposed for the vice-presidency at the National Convention in June, but Senator William L. Dayton of New Jersey won the nomination. Senator John C. Fremont, a former Army officer and explorer, was the Presidential nominee. The Republican Party ran for the president with the slogan: "Free speech, free press, free men, free labor, free territory, Fremont."

The platform opposed the extension of slavery but not abolition where it was already established, advocated the admission of Kansas as a free state, and proposed federal aid for a railroad to the Pacific as well as appropriations for rivers and harbors. Fremont lost to James Buchanan, but he did receive 114 electoral votes.

Lincoln continued to dominate the Republican scene. National attention was focused on him during his debates with Stephen A. Douglas, author of the Kansas-Nebraska Act, during their campaign for U. S. Senator from Illinois. Lincoln lost the Senate seat but won his party's nomination for president in 1860 at Chicago. He defeated his former adversary, Douglas, and became the nation's first Republican president.

As president, Lincoln was faced with the Civil War and his greatest achievement was the preservation of the union. Peacetime legislation was devoted to fulfilling the promises of the party platform. The Department of Agriculture and Bureau of Internal Revenue were established along with a National Banking System. Farming and free soil interests were served by the Homestead Act which made available public land for settlement and the Morrill Act which donated land for agricultural and mechanical arts colleges.

Lincoln ran for president again in 1864 under the auspices of the Republican-oriented Union National Convention, a coalition intending to attract northern Dem-

ocrats. Andrew Johnson, a Tennessee Democrat and staunch supporter of the union, was his running mate. They defeated regular Democrat George B. McClellan.

Before his assassination, Lincoln was able to submit to the state the 13th Amendment to the Constitution which abolished slavery. Lincoln's death brought Andrew Johnson to the presidency and began a period of discontent. Congressional Republicans were suspicious of Johnson's Democrat background and he became associated with extremists and radicals who demanded harsher treatment of the South. A single vote in the Senate acquitted him from impeachment in 1868 after his removal of Edwin M. Stanton as Secretary of War.

Despite the political infighting, the Johnson administration did manage to submit to the states the 14th Amendment protecting Negro rights and the 15th, which stated the right to vote "shall not be denied or abridged".... "on account of race, color, or previous condition of servitude." Johnson's Secretary of State, William H. Seward, purchased Alaska from Russia for \$7,200,000, in gold which at that time brought criticism and derisive epitaphs such as "Seward Folly" or "Seward Ice Box."

....Next week—Grant.

Brady D. Snyder, Chairman
Agawam Republican Town
Committee

MAILMAN TRAVELS BY BOAT

The mail-in-a-pail postal service has begun its 75th year of deliveries to ships passing the city on the Detroit River.

Known as the Detroit River Post Office, it consists of a boat which has its own zip code—48222—and plies the waters 24 hours a day 7 days a week.

About 50 times a day, the mailboat J. J. Westcott II leaves its dockside station on the American side of the river for a rendezvous with ocean-going or Great Lakes freighters.

When the Westcott comes alongside a freighter, a seaman on the larger ship lowers a pail containing mail to be posted.

When this is emptied, the pail is filled with letters, newspapers, and packages for the ship's crew.

14,000 DELIVERIES

Detroit Postmaster Edward L. Baker said more than one million pieces of mail will be handled this season in some 14,000 deliveries. About 2,000 of these will go to foreign vessels.

The first mail-by-pail delivery on the Detroit River was made June 17, 1895, by a man in a rowboat who was towed into the path of an oncoming ship by a small powerboat and left there until the delivery was completed.

He had to use his oars to keep out of the way of the ship while staying close enough to make the mail exchange.

The powerboat then towed him back to shore.

"I don't envy that fellow in the rowboat, whoever he was," said Capt. Bill Adamek, a mailboat skipper for 22 years.

A mole can swim breast stroke through the soil.

Photography

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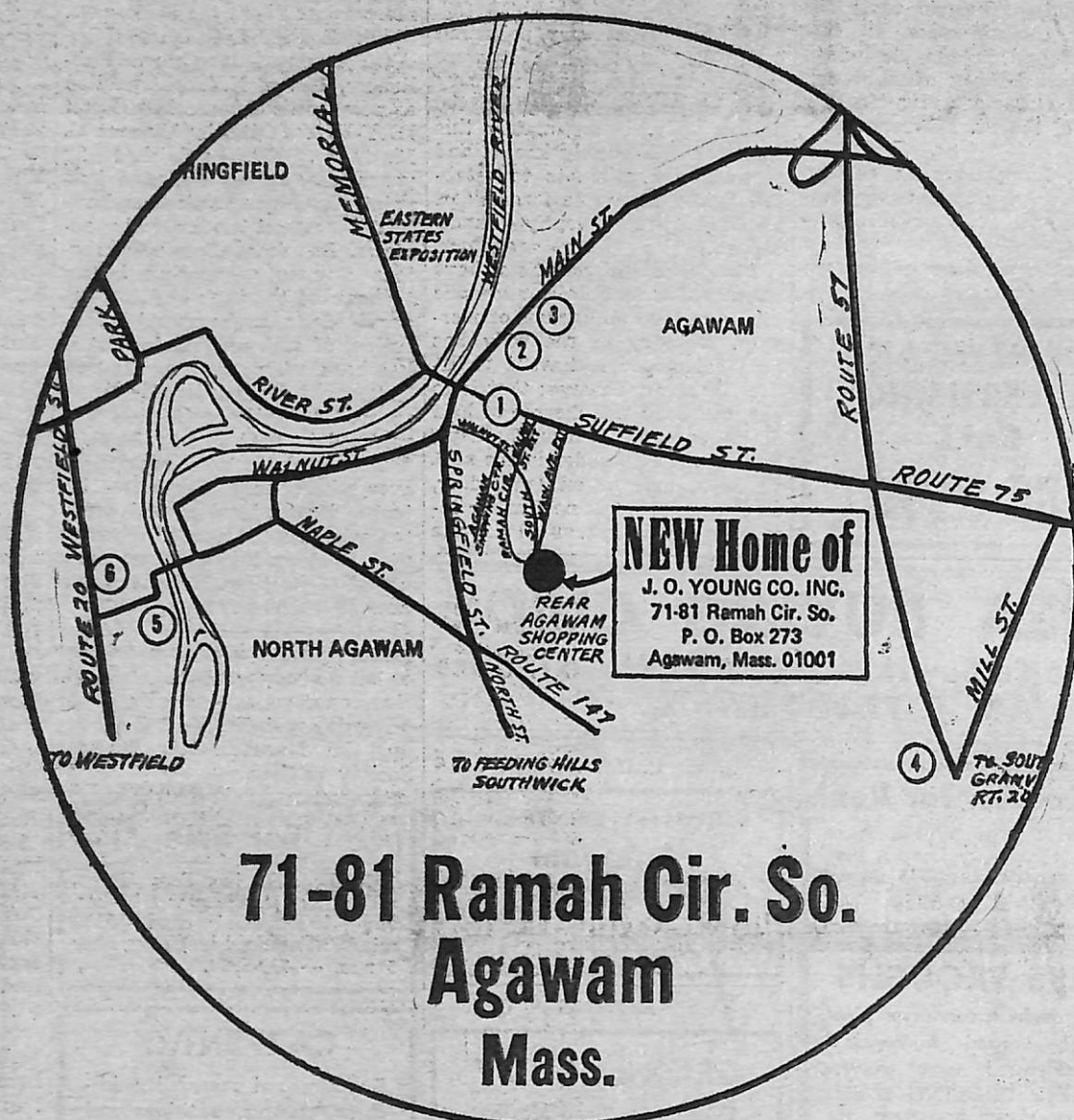
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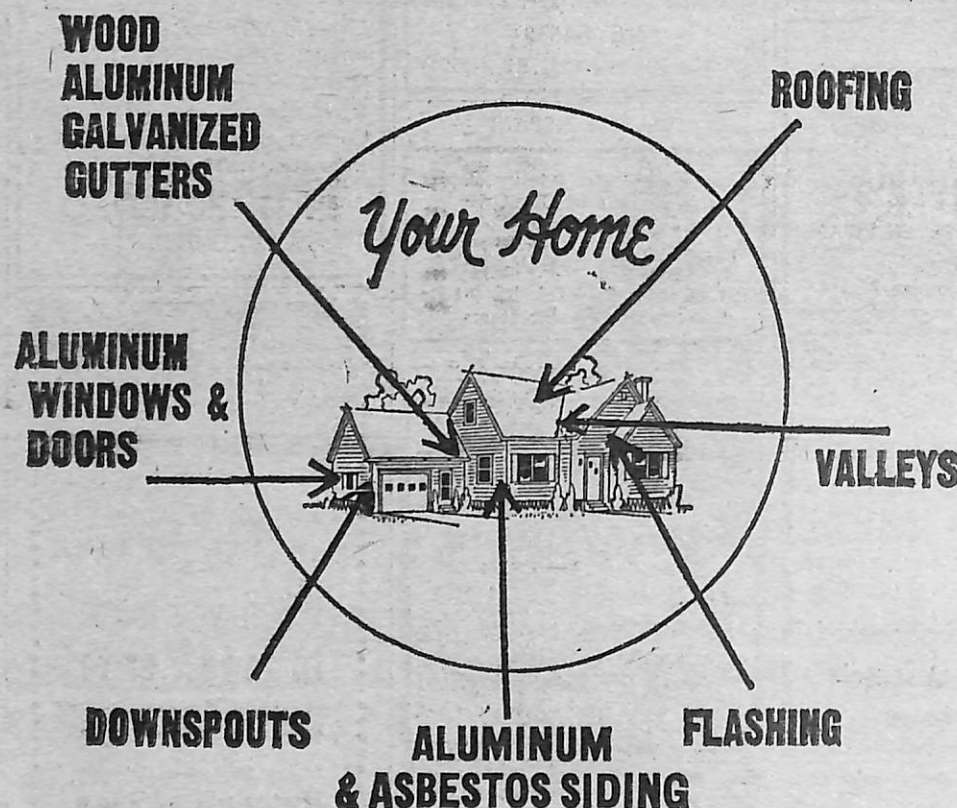
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SPORTSMEN'S CORNER



By BILL CHIBA

Continuing Ontario tests for mercury contamination in fish have resulted in the closing to commercial fishing of a section of Lake Ontario and a further section of the St. Lawrence River.

The only portions of eastern Ontario previously causing concern were the St. Lawrence River.

The only portions of eastern Ontario previously causing con-

cern were the St. Lawrence River from Cornwall downstream to the Quebec border and the Ontario waters of the Ottawa River below Ottawa.

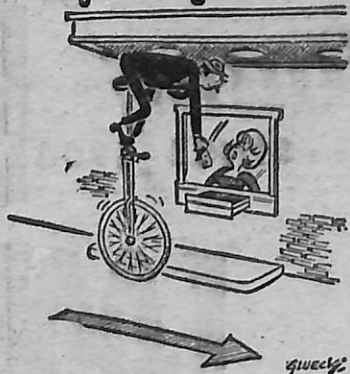
Now the entire Ontario portion of the St. Lawrence River and that section of Lake Ontario from the mouth of the St. Lawrence to a point west of Amherst Island, are closed to commercial fishing but open to anglers on a fish-for-fun basis.

Syracuse, New York, is believed to be the source of the pollution in Lake Ontario and some time ago the state closed its waters to commercial fishing and issued a warning to anglers concerning the consumption of their catch.

Control of mercury poisoning would be simplified if it were known at what level mercury starts to do its damage in the human body. Unfortunately this fact is not definitely known and consequently attempts to establish "daily allowable intakes" of mercury are severely handicapped.

Two Swedish scientists have calculated a safe daily allowable intake at 0.06 milligrams of mercury. Mercury in the body has been calculated to have a "half-life" of about 70 days; that is to say, the body will dispose of half of its concentration in 70 days, half of the remainder in the next 70 days, and so on (providing, of course, there is no further intake of mercury). Fish excrete

My Neighbors



"Sorry, sir, we have no separate unicycle drive-up facility...."

mercury at about the same rate.

RARE FISHING CLASSIC

On August 31st Crown Publishers, Inc. of N.Y. will publish a new edition of A MODERN DRY-FLY CODE by Vincent C. Marinaro. First published 20 years ago, the book slipped into print virtually unnoticed and received almost no critical reviews. But soon afterwards, serious anglers everywhere began to hear of the book and it then acquired an underground reputation, of such magnitude that it has been selling for over \$100 on the rare book market for many years. The trade publication was released in 1950 at only \$4.00.

The book is now recognized everywhere as a classic — intense, knowledgeable, and written with exacting care. When it was first published, it was far ahead of its time. It is available now at \$10.00 per copy.

Most people want to live longer but no body wants to grow old. Everyone, young and old, needs a regular periodic physical check-up, the Massachusetts Medical Society advises.

Four-for-One Show At Lebanon Valley Saturday Night

WEST LEBANON, N.Y. — Its a big four for one show at Lebanon Valley Speedway this Saturday night as the Sportsman, Limited Sportsman and Formula VW stock cars run a full card of racing in a combined show with the final demolition derby of the 1970 season.

The Sportsman and Limited Sportsman cars will run their qualifying heats and consolations followed by the ten lap Formula VW main event.

The 20 lap Limited Sportsman and 35 lap Sportsman features will bring the racing to a close and the scene will be set for the big demolition derby.

As the season draws to a close, Sportsman point standings are very close with no driver as yet assured of the point championship. Ernie Marshall, Pound Ridge, N.Y. and Dick Hansen, Red Hook, N.Y., are setting the pace ahead of last year's champion Tom Corellis, Rensselaer, N.Y., Eddie Delmolino, Great Barrington, Mass., Mert "Socks" Hulbert, Oak Hill, N.Y., Jerry Townley, Catskill, N.Y., Vince Quenneville, Middlebury, Vt., Butch Jelley, Pownal Center, Vt., Jack Farquhar, Ephratah, N.Y. and Joe Messina, Albany, N.Y.

Danny Sanchez, Rensselaer, N.Y. enjoys a comfortable point lead in the Limited Sportsman division over his nearest competitor, Victor Gootz, Castleton, N.Y., although he is still not yet assured of the championship. Gootz is trailed by John Pachini, North Adams, Mass., Johnny DuBell, Chatham, N.Y., Skippy Fox, Northampton, Mass., Larry Maxwell, Rensselaer, N.Y., Johnny Williams, Brandon, Vt., Bob Gaskill, Williamstown, Mass., Ted Baldwin, Troy, N.Y. and Johnny Buhler, Rensselaer, N.Y.

There is no increase in admission prices for this big show. Adults are admitted for \$3.00 and children 5 thru 11 for only \$1.00.

As an energy-builder, morale-booster and survival food, candy has been "up front" with American GI's since World War I. But the idea of providing sweets for the fighting man is not the brainchild of 20th century militarists.

Troops of the Revolutionary War were given small amounts of sugar and molasses, while Civil War soldiers on the march received a ration of sugar. At the turn of the century, Queen Victoria showed her awareness of the military value of candy by sending 500,000 pounds of chocolates as a Christmas present to her troops fighting the Boers in Africa.

In World War I, the High Command was chiefly concerned with furnishing food energy in compact form to men in action far from field kitchens. By 1941, the practical psychologists of the Army knew that a soldier needed sweets not only for food and survival, but also for courage, consolation and relief from boredom. Today, candy is included in about 95% of U.S. military operational rations.

The jackrabbit is not a rabbit at all! It's a hare!

Midgets/Sportsman Rescheduled At Thompson Track

THOMPSON, Conn. — The 50 lap Late Model Sportsman Championship stock car race and the program of ARDC-NEMA midget auto races at the Thompson Speedway, off Route 193, Thompson, Conn. has been rescheduled to this Sunday night, after the rains washed out the program last Sunday.

All the top stars of the ARDC-NEMA midgets will be on hand for the program of the mighty mites of the speedway. Qualifying heats and consolation will determine the starters in the big feature.

Over sixty of the mighty midgets are expected to be on hand to contest the program which will be capped by a 25 lap feature.

Leading the parade of open cockpit drivers from the ARDC will be Johnny Coy, Merriack, N.Y. and from the NEMA ranks, Dave Humphrey, Seekonk, Mass. These two drivers are currently leaders in their clubs and will be looking to extend their leads.

The NASCAR Late Model Sportsman, running their first championship event in this area, are ready to go with a full field.

A big invasion of outside cars is expected to swell the field that has grown to over thirty regulars each Sunday night.

Ken Kutney, Beverly, Mass., Les Rose, Taunton, Mass., Bill Goodrow, Weymouth, Mass., Paul Montecalvo, Walpole, Mass. and Dave Peterson, Lynnfield, Mass. will be among the regular stalwarts who will be ready to repel the invasion of out of state drivers.

General admission for adults will remain at \$3.00 with children 5 thru 11 admitted for only \$1.00. All admissions include free parking all taxes, and a seat in the grandstand or elevated bleachers.



College News

Victor Moreno, son of Mr. and Mrs. Victor J. Moreno of 19 Anthony Street, Agawam, is one of seventy-three student athletes scheduled to report for the University of Massachusetts preseason football drills which begin on the Amherst campus on Friday, August 28.

A graduate of Manlius, Vic is majoring in business at UMass and will be a candidate for an offensive guard position on the Redmen eleven.

A new barber nicked a customer badly in giving him a shave. Hoping to restore the man's feeling of well-being he asked solicitously "Do you want your head wrapped in a hot towel?" "No thanks" said the customer, "I'll carry it home under my arm."

Golfer: I'm not playing my regular game today.

Caddie: And what game would that be?

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STORROWTON

One of Germany's most exciting exports, the talented and vivacious Elke Sommer, will star in the musical comedy, "Irma La Douce" at Storrowton Musical Theatre for one week, beginning Monday evening, Aug. 31.

The beautiful blonde has appeared in over twenty films, and will portray the lady of easy virtue in the international musical hit, which marks her stage debut.

"Irma La Douce" is set in Paris, where women search for men, and the men of their choice live off of the wages which they earn. Irma chooses Nestor, a young law student, and they fall in love, but Irma continues to practice her trade.

A jealous Nestor impersonates a rich old man and buys all of Irma's working hours, since he could no longer bear the thought of Irma loving others. The physical strain becomes too great for him, and he kills the rich old man and is convicted of murder.

Originally a language student, following the death of her father Miss Sommer became more determined to continue studying languages and decided to take a job in London, as a mother's helper, to learn the English language. Fate stepped in, and sent Miss Sommer and her mother to Italy on a vacation. She and her mother visited a small restaurant where she accepted an offer to dance. Unwittingly, she had entered a dance contest and to her surprise she emerged the winner.

Like an old-fashioned movie plot, an Italian producer came out of the audience and asked Miss Sommer to play a role in his film. The first film was followed immediately by a second. After five months in Italy, she returned to her native Germany and appeared in several films produced in Berlin.

Miss Sommer will be remembered as the beautiful blonde screen star who appeared in "The Victors," "Shot in the Dark," "The Prize," "Deadlier Than the Male," "They Came to Rob Las Vegas," and the soon to be released film, "Zeppelin."

Married to writer Joe Hyams, Miss Sommer is featured

in the current issue of Playboy Magazine. She has done several guests shots on network television including: "The Andy Williams Show," "The Bob Hope Show," "The Dean Martin

Show," and "The Englebert Humperdink Show."

Tickets for "Irma La Douce" are now on sale at the Storrowton box office, located at the sight of the orange and green tent on the grounds of the Eastern States Exposition. Phone reservations are accepted.



Living With Your Heart

A Service of the

Massachusetts Heart Association

LOCAL NUTRITIONIST SUGGESTS HEART - HELPING DIET FOR SUMMER

Summertime, when the livin' is easy, should be the best time to begin new eating habits that may reduce the risk of heart attack, suggests Western Mass. Electric Co. Consumer Education Consultant Miss Ruth Sweeney.

"Factors implicated in artery disease must be present over long periods of time before this condition becomes evident. There often are no symptoms. Then, suddenly, a heart attack may occur. So, the earlier a heart-helping diet is adopted the better."

To help reduce the risk of heart attack, the Massachusetts Heart Association recommends a diet that uses less saturated fats and more polyunsaturated fats; more meals of fish and poultry and less beef, pork and ham; margarine instead of butter and skimmed milk in place of whole milk.

Other diet tips include serving lean cuts of meat, trimming off the fat, and limiting egg yolks to three a week. When cooking, use vegetable oils instead of butter and lard.

The abundance of fresh fruits and vegetables and the tendency to eat more salads in place of heavier foods, make it easier to begin such a diet now for the whole family. If the homemaker can extend it to a year-round habit it can help adult hearts and provide protection for children in later years.

And, you don't have to say "no" to outdoor barbecues and picnics when you begin your new diet, say Miss Sweeney.

Some suggestions for outdoor eating include grilled chicken basted with a polyunsaturated oil,

and hamburgers made from lean ground beef. At corn roasts, substitute margarine for butter. Avoid or use sparingly such items as spare ribs, frankfurters and sausage which are high in fats.

"When dessert time rolls around," she says, "think in terms of sherbet or ices instead of ice cream. This is the season for fresh watermelon and cantaloupe. And, you don't have to turn away America's favorite summertime dessert, strawberry shortcake. Simply use angel food cake and pile on the strawberries and a whipped cream substitute." (See attached recipe)

Though diet is an important element in raising the risk of heart attack, it is only one of the factors identified by scientists. The others are cigarette smoking,

Pollution, if controlled, could be beneficial. Techniques are available to: turn sewage into clean water and agricultural fertilizer; to use nutrients from fertilized fields for harvesting algae for animal foods; to burn household refuse for power and the recovery of scrap metal; to use hot water from power plants to increase fish and shellfish production.



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high blood pressure, overweight, lack of regular exercise and diabetes.

The Western Chapter of the Massachusetts Heart Association has printed materials that can guide you in taking preventive measure against these risk factors. Among diet publication is a booklet on recipes that can serve the homemaker the year around.

Whipped Cream Substitute

To make a rather good topping for strawberry shortcake you need the following ingredients:

- 1/2 cup non-fat dried milk
- 1/2 cup ice water
- 1 egg white
- 1 tablespoon lemon juice
- 1/2 teaspoon vanilla
- 1/2 teaspoon vanilla
- 1/4 cup sugar

Chill a small bowl and combine in it the dried milk, water and egg white, beating at high speed. Add lemon juice and beat a minute more. Gradually add vanilla and sugar and beat until fluffy. Since this topping doesn't keep its form as long as whipped cream, it is best made close to serving time. Makes four cups. Freeze any unused portion.

Now is the season when mosquitoes dig you the most. Mosquitoes are attracted to you by black, dark blue, or red clothes. Or it could be they love the scent of your perfume or after-shave lotion, the Massachusetts Medical Society points out.

1740 Dinnerware Sold

London

A 62-piece porcelain service has been in the possession of a wealthy English family for 130 years and was unknown to the art world until recently.

According to Telephony magazine, a special emergency telephone hookup between gas stations and a switchboard has been planned by Cincinnati Bell and the Greater Cincinnati Gasoline Dealers Association to protect all night gas stations from bandits. Gas stations which subscribe will have a special telephone and recording installed. Whenever a button is pushed, the device will automatically place a call to the emergency switchboard and play a recording that identifies the station and indicates that the station is being robbed.

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AGAWAM LODGE Loyal Order of Moose No. 1935



WILFRED H. BISSONNETTE, Publicity Chairman

There is an old saying that "a stitch in time saves nine." This is especially true at Mooseheart where an extensive medical prevention program is conducted to protect the health of the more than 500 youngsters in residence.

Obviously, with this big a family, an infection can reach epidemic proportions if proper preventive steps have not been taken in advance.

This prevention program swings into action as soon as a family is admitted to Mooseheart. The new family is placed in the reception cottage for approximately 10 days and kept in isolation to make sure the children have not brought any communicable diseases with them to Mooseheart which could spread to the residents.

During this isolation period, each child must report to the Mooseheart hospital to undergo blood tests, a urinalysis, chest X-ray and tuberculosis skin test. He must also undergo thorough eye, dental and physical examinations and receive immunizations for smallpox, diphtheria, whooping cough, tetanus, polio and influenza.

When this medical admission routine has been completed, the youngsters are then ready to take their place in community life at the Child City.

But preventive medicine does not stop there. All Mooseheart children must submit to general physical, eye and dental examinations and receive the shots listed above at the beginning of the first, fifth and ninth grades and in their senior year.

And if these aren't enough examinations, every boy and girl must take a physical before they can leave for vacation each summer at Mooseheart Camp Ross.

Despite this comprehensive program, youngsters do become ill, and at the first symptom, they are taken to the modern fully-equipped 45-bed hospital for treatment.

An average of 57 children and adults are given out-patient treatment in the dispensary located in the basement of the hospital each day. Those with minor ailments are treated and re-

leased, but those more seriously ill are confined to the hospital. The average patient population of the hospital is 25 per day.

Most common reasons for youngsters reporting to the dispensary are upper respiratory infections which include flu, colds, sinus, etc. During the summer months, the most common ailment is ear infections caused mostly from swimming.

A completely equipped operating room is also located in the hospital. Here, the medical director removes tonsils, adenoids, repairs hernias and performs minor plastic surgery and other operations of a less serious nature.

Whenever specialized treatment is needed for a student, the case is referred to the proper hospital in the Chicago and Aurora area. Mooseheart averages about 20 such referral cases each year.

Evidence of the excellent medical care given to the children at Mooseheart is the outstanding record compiled during the half century of the operation of the Child City.

Of the thousands of children who have resided at Mooseheart, only four have passed away. Three died of polio during an epidemic which swept northern Illinois and a boy died of a heart condition shortly after his arrival at Mooseheart.

It isn't just an accident when visitors to Mooseheart see happy and healthy youngsters on the campus. It's planned that way.

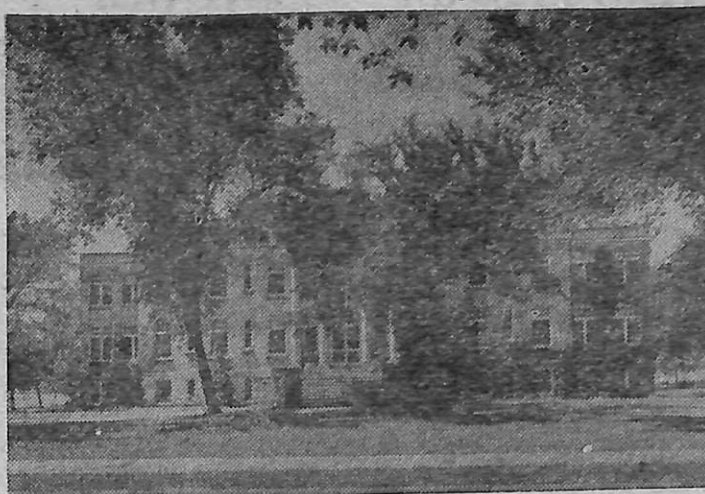
The Old Timer



"When a man forgets himself, he usually does something that everybody else remembers."

SEAT BELTS SAVE LIVES!

Mooseheart Hospital



This modern 45-bed hospital is the focal center of the extensive medical prevention program at Mooseheart. Also located in this building is the dispensary where out-patient care is administered, the dental and EENT clinics and a well-equipped operating room.

Arts and Crafts



Many articles including miniature Moose heads are on sale as souvenirs at Moosehaven. And they are extra valuable souvenirs because they are actually made by residents of the Moose City of Contentment in the arts and crafts shop.

At Your Service

EUGENE H. LUND
Director of Veterans Services



The Veterans Administration sold 15,636 homes in fiscal year 1970, and for the seventh consecutive fiscal year closed out its books with a lower inventory than the year before.

In making that report today, Administrator of Veterans Affairs Donald E. Johnson said that because of the low inventory sales in fiscal year 1970 were 18% below the 18,959 homes sold in fiscal year 1969.

He noted, however, that 1,404 homes were sold in June — 17% more than in the previous month of May.

The VA ended fiscal year 1970 with 10,395 properties on hand, 161 fewer than May's total, and 1,483 below the inventory at the end of fiscal year 1969. Johnson pointed out that this 10,395 inventory was the lowest in 9 years.

The VA also acquired 14,400 properties in the last fiscal year—19% below the 17,941 acquired the previous fiscal year, and the

smallest number since fiscal year 1960 when 10,965 were acquired.

Johnson explained that houses acquired by the VA were financed originally with G. I. loans, but the owners failed to keep up mortgage payments.

The VA administrator pointed out that veterans have proved to be good credit risks. They have defaulted on only about 3% of the nearly eight million loans approved by the VA since the program began shortly after World War II.

He also said 200,873 applications for home loans were received in fiscal year 1970, making it the fourth consecutive year the VA has received more than 200,000 applications.

Veterans interested in home loans should contact their nearest VA office.

"Mommy, will you give me a dollar to be good?"
"Why can't you be good for nothing, like your father?"

Waste Collections

1—Containers for rubbish shall be standard metal or plastic trash barrel approximately 18" in diameter and 26" high, free from all jagged or sharp edges, equipped with two carrying handles.

2—Under no circumstances will rubbish be picked up if a 55 gallon oil drum or other non-standard containers are used.

3—Papers shall be firmly secured in bundles and placed in a container.

4—All rubbish containers to be collected shall be placed at tree belt before 7:30 a.m. the day the rubbish is scheduled for collection.

5—Under no circumstances will rubbish be collected if the rubbish barrel contains any type of GARBAGE.

6—Heavy plastic bags are allowed if securely tied and containing only household rubbish. Absolutely no leaves or grass clippings will be picked up by the regular rubbish crew. The town will pick these up in a special monthly collection, to be announced.

FRIDAY, AUGUST 28

Route 5

Barry, Bradford Dr., Briarcliff Dr., Carmel Ln., Elmar Dr., Hamar Dr., Hamilton Cir., Hendon Dr., Hickory, Meyers Dr., Overlook Dr., Pine, So. West, So. Westfield, Southwick, Sunset Ter. and Tannery Rd.

MONDAY, AUGUST 31

ROUTE 6

DePalma, Doane Ave., Edgewater Rd., Franklin St. Ext., Garden, Gunn-Geary Ln., Holland Dr. Memorial Dr., Mill, Mountainview, Old Mill Rd., Phil, Poplar, Porter Dr., Shoemaker Ln., Silver, Silver Lake Dr., Sufield, Twin Oaks Rd., and Vadnais St.

TUESDAY, SEPTEMBER 1

ROUTE 7

Althea Cir., Anthony, Belle, Brien, Center, Clematis Dr., Colonia Ave., Cooper, Elsie, Fairview, Federal Ave., Federal, Federal St. Ext., Greenacre Ln., Harvey Johnson Dr., Homestead, Karen Dr., Ley, Poinsetta, Potomac Pl., Prince Ln., Reed, Samuel, Senator Ave., Stanley Pl., Valentine, Valentine St. Ext., Vernon, Virginia, Washington, Westford Cir., and Woodside Dr.

WEDNESDAY, SEPTEMBER 2

ROUTE 8

Allen, Adams, Birch Hill Rd., Carr Ave., Cosgrove Ave., Elm, Emerson Rd., Haskell, Henshaw Ave., Kanawha Ave., Lealand Ave., Main, Mardale Ave., Nile Ave., Oxford, Parker, Perry Ln., Pineview Cir., Raymond Cir., Riverside Ave., Riverview Ave., Ruskin Ave., Ridge Ave., South, So. Park Ter., Stewart Ln., Sunnyslope Ave., Thirlmere Ave., Veranda Ave., Woodcliff Ave. and Wright St.

THURSDAY, SEPTEMBER 3

ROUTE 9

Albert, Alfred Cir., Alfred Ct., Alfred, Alhambra, Cir., Bailey, Barney, Central, Charles, Corey, Editha Ave., Edward, Elbert Rd., Ellison Ave., Farnk, Hunt, James Ave., John, Joseph, Kirkland, Liberty Ave., Maple Ave., Meadow Ave., Meadow, Melrose Pl., Monroe, Pomeroy, River Rd., School, Seymour Ave., Sterling Rd., Sunrise Ter., Trinity Ter., Willard Ave., and Wyman Ave.

A Chinese proverb says: He that takes medicine and neglects to diet himself wastes the skill of the physician. The Massachusetts Medical Society says, follow the advice of your physician when on a diet regimen.

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